Vancouver metro

TUESDAY, JULY 26, 2016

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Heavy hitters take the stage

metroNEWS

Your essential daily news | TUESDAY, JULY 26, 2016

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Province to tax foreign buyers

REAL ESTATE

Revenue will be used to fund housing, rental programs

Foreign buyers in Vancouver's scorching real-estate market will soon pay a new tax that Premier Christy Clark says is aimed at making housing more affordable for British Columbia's middle-class buyers.

The government took aim at foreign buyers Monday, highlighting housing data that indicates they spent more than $1 billion on B.C. property in a five-week period starting June 10, with 86 per cent of that spending recorded in the Lower Mainland area.

Clark's Liberals have signalled for months that change was coming for the real-estate industry, tackling unscrupulous sales practices and offering tax incentives to first-time home buyers, but it was previously lukewarm to calls to act on foreign investment.

Clark said recent housing data played a large part in the government's decision to levy the additional property transfer tax on foreign buyers.

"There is evidence now that suggests very wealthy foreign buyers have raised the overall price of housing for people in B.C.," she said. "If we are going to put British Columbians first, and that is what we are intending to do, we need to make sure we do everything we can to try and keep housing affordable," said Clark. "Ultimately, the goal is to affect the demand by making sure it's maybe a little tougher for foreign buyers to find their way into our market."

> **A day late and a dollar short from Premier Clark and her crew.**
>
> NDP leader John Horgan

Revenue from the tax, which takes effect Aug. 2, will be used to fund housing, rental and support programs.

Last month, the Real Estate Board of Greater Vancouver said its benchmark price for detached properties in Vancouver had risen above $1.5 million.

The legislation introduced Monday also enables Vancouver to amend its community charter to levy a vacancy tax, satisfying a request from Mayor Gregor Robertson.

"Today's legislation is a major acknowledgment by the province that they have an important role to play in the housing market and affordability is not simply an issue for municipalities to deal with," he said in a statement.

Opposition NDP Leader John Horgan said the government has waited too long to act.

"A day late and a dollar short from Premier Clark and her crew," he said. "Just months ago, they were telling us there was no problem."

The president of the Greater Vancouver real estate board, meanwhile, accused the government of acting too quickly. "Housing affordability concerns all of us who live in the region," Dan Morrison said in a statement. "Implementing a new real estate tax, however, with just eight days' notice and no consultation with the professionals who serve home buyers and sellers every day needlessly injects uncertainty into the market."

THE CANADIAN PRESS

JENNIFER GAUTHIER/FOR METRO

Vancouver kicks off Pride Week — with the theme 'Better Together' — amid division

metro NEWS

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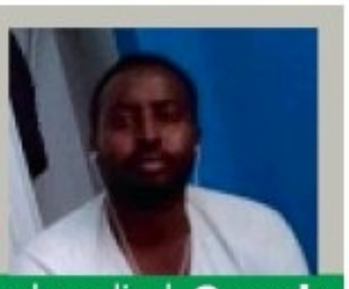

Ottawa man wounded in altercation with police has died. **Canada**

Market observers question efficacy of a foreign buyer tax

HOUSING

Experts say rules wouldn't bar proxy purchases

A tax intended to calm soaring real-estate prices in Vancouver may be difficult to enforce because the foreign homebuyers it's aimed at may be able to get around it, experts say.

The B.C. government's plans to tackle housing affordability in Metro Vancouver with a 15 per cent tax for foreign buyers came under scrutiny Monday from housing market observers.

Foreign nationals could avoid the tax, which would take effect on Aug. 2, by purchasing properties through locals — something that is already suspected to be common practice.

"I would be very surprised to see a lot of people buying houses as foreign individuals or foreign corporations," said Thomas Davidoff, a professor at the Sauder School of Business at the University of British Columbia.

"The question is, will buyers be able to successfully ... hide their identity by having a local permanent resident, a local corporation or a local family member who is a citizen through which they can funnel cash?"

Josh Gordon, an assistant professor at Simon Fraser University who has studied the issue, said it's common for money made overseas to flow into Vancouver's real-estate market through local residents — for example, a foreign national purchasing a home through a spouse or a child attending a Canadian university.

"Canadian permanent residents can buy properties as proxy buyers and they won't be subject to this tax, because they won't be considered foreign buyers," said Gordon.

Rather than charging a tax to foreign nationals, Davidoff said he would have preferred to see a policy that provides tax breaks to homebuyers who can demonstrate they're paying local income taxes.

"Why drag nationality in when the real question is, 'Are you a local worker?'" he said.

> **The question is, will buyers be able to successfully ... hide their identity.**
> Thomas Davidoff

A number of other jurisdictions have imposed rules restricting foreign investment in their real-estate markets, including Hong Kong, Singapore and Australia.

In a report published earlier this year, CIBC economist Benjamin Tal said it was too soon to say whether Australia's rules — which were implemented last summer and restrict foreigners to newly built houses and apartments — are having the desired impact.

"But there are some early signs from Australia showing that it's working," said Tal, noting that the share of foreign nationals in new housing demand has fallen.

Gordon said data from other jurisdictions suggests that taxing foreign investment can help cool housing markets by slowing, and sometimes even reversing, price growth.

"But in terms of achieving affordability, substantially reducing prices, generally speaking these types of surtaxes don't get you there," he said.

Complicating matters is the fact that it's hard to assess whether any particular price movement was the result of the tax policy or some other factor, said Davidoff.

"It's very hard to hold all else constant in a major city," he said.

THE CANADIAN PRESS

Students walk past a housing development at UBC's Vancouver campus. Experts are watching Australia's lead to see the effect that clamping down on foreign buyers has on the housing market. DAVID P. BALL/METRO

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Reggae artist Jah9 will be teaching Kemetic yoga at Fortune Sound Club Tuesday. CONTRIBUTED

ECONOMY

Action needed on consumer debt: Policy pundits

The greater Vancouver region's households are carrying so much debt that hundreds of thousands of families are at risk if interest rates rise or the housing market falters.

The largest-ever study of Metro Vancouverites' debt levels yet has worrying implications — and according to the Social Planning and Research Council of British Columbia, the government needs to step in to lower short-term loan fees and better educate consumers.

"The data show that households in the region are accumulating increasing amounts of debt year over year," Scott Graham, SPARC B.C.'s associate executive director and research manager, said in a phone interview. "They're acquiring the greatest amount of debt as mortgage debt, unsurprisingly."

But researchers also examined lines of credit, credit cards, student loans and car loans. From 2007 to 2012, the study found that median consumer debt increased by roughly nine per cent, but median after-tax income only rose by about eight per cent.

"We see a rate of borrowing that is a little outstripping the increase in annual income," Graham said.

Based on data purchased from credit agencies, the study covered 320,000 mortgage-holders and two million consumers in the region and was carried out by University of British Columbia geographer David Ley.

One recommendation of the report is for the government to cap short-term loans at 10 per cent interest and long-term loans at three per cent.

"That would protect them from having a majority of their funds going to pay off a loan," he said. "That's a public policy issue that can be addressed."

DAVID P. BALL/METRO

Rasta yoga perfect fit

RECREATION

Practice works naturally with Rastafarian beliefs: Expert

David P. Ball
Metro | Vancouver

Just when you thought Vancouver had all the yoga it could handle, an entirely new form of the practice is set to hit the mat here.

Jamaican dub musician and certified yoga instructor Jah9 — born Janine Cunningham — will offer live music and an "African-inspired" yoga known as Kemetic yoga on Tuesday and Wednesday at Fortune Sound Club.

Bridging the Rastafarian spirituality of Jamaica with yoga philosophy, however, isn't as much of stretch as you might imagine, said Sound Salutations founder Danielle Hoogenboom, who is organizing the visit.

"It's an African-inspired style of yoga that's very popular in Jamaica," explained the Vancouver yoga teacher behind Love Light Yoga, who has taught yoga in Jamaica. "Vancouver has never had the opportunity to practise this style of yoga before. I hope this plants a seed and we can bring teachers here."

A relatively new yoga adaptation, Kemetic yoga traces its roots back to poses on ancient Egyptian wall paintings, however. Jah9 said it has helped many "grassroots" Jamaicans to give yoga a chance, because "institutionalized religion" has caused some people to be suspicious of spiritual practices seen as foreign.

"For those open to it, Jamaicans seem to have an affinity for it!" she said. "Rastafari is natural to the land and the self — so when I learned more about the philosophy of yoga, I could relate to it so much."

Jah9's visit to Vancouver will include an evening of yoga with live music by her band The Dub Treatment on Tuesday starting 7 p.m. at Fortune Sound Club (147 East Pender St.), followed on Wednesday at 8 p.m. with a concert at the same venue.

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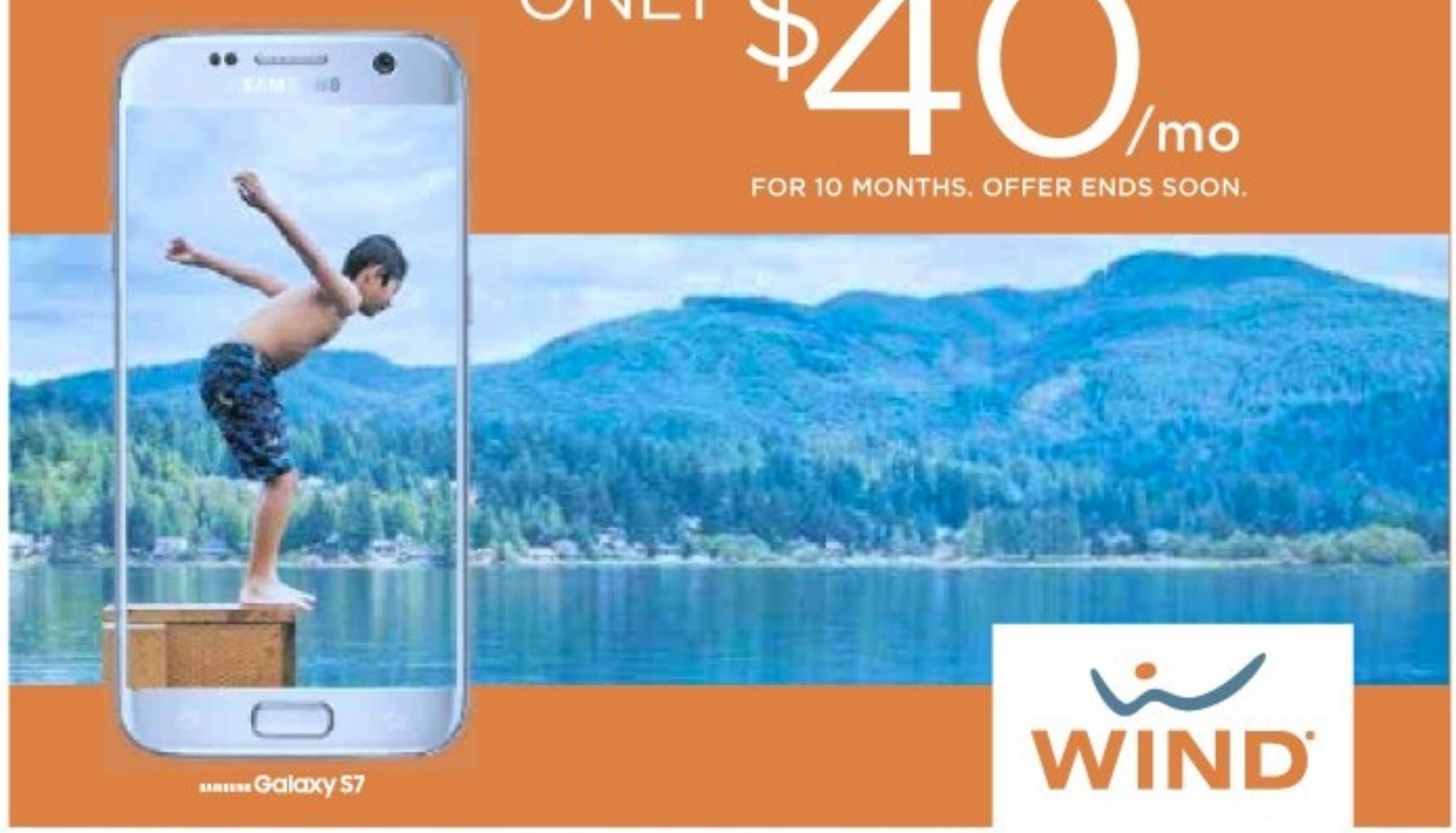

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Pride Week begins amid division

FESTIVAL

Police to march despite Black Lives Matter plea: Mayor

Wanyee Li
Metro | Vancouver

Vancouver's weeklong Pride festivities started at Jim Deva Plaza Monday morning, where Mayor Gregor Robertson officially proclaimed the start of Pride Week.

The theme of this year's Pride parade is "Better Together," but the anticipation for this week's festivities has been accompanied by disagreement about who should be allowed in the parade.

The group Black Lives Matter penned an open letter earlier this month demanding Vancouver police opt out of the parade in order to create a safe atmosphere for minority groups.

But Robertson called for solidarity and inclusivity during Pride week.

Vancouver Pride Society vice-president Charmaine de Silva and president Alan Jernigan accept the Pride proclamation from Vancouver Mayor Gregor Robertson at Jim Deva Plaza Monday. WANYEE LI/METRO

"We all share common goals of working together toward inclusivity and safety and providing space for marginalized and racialized queer communities here in Vancouver and solidarity between the communities is truly what we need."

He confirmed to reporters the Vancouver Police Department would remain a part of the parade.

"My expectation is the police will be in the parade as the have been for two decades and there is appropriate acknowledgement of the concerns of Black Lives Matter."

This Sunday's parade will mark the 38th annual Vancouver Pride Parade, a parade that has always been political, said Vancouver Pride Society president, Alan Jernigan.

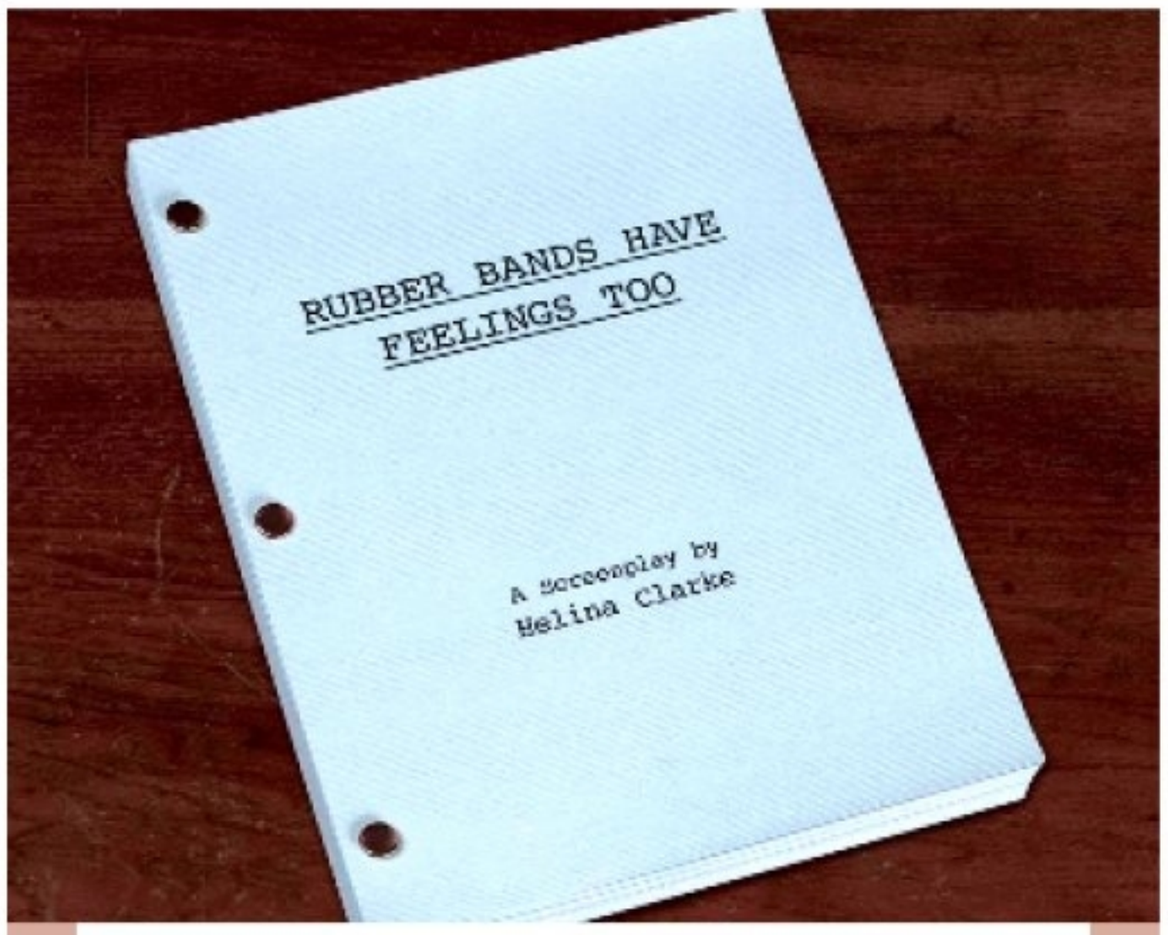
"This year has served to remind us that Pride is political and still very much a protest. Activism isn't always neat and tidy and it's rarely comfortable," he said.

"We are committed to working with these groups, including Black Lives Matter in Vancouver to ensure that anyone who wants to celebrate at our events feel welcome and feel safe."

The host for Monday's ceremony paid tribute to one of Vancouver Pride's heroes and whom the plaza is named after, Jim Deva, who was able to bring groups with different interests together.

"One of the greatest pieces of his legacy was his ability to bring people together to resolve conflict and to build bridges and community," said drag queen and entertainer Joan-E.

The City will officially open Jim Deva Plaza on Thursday July 28 with all-ages festivities at 4:30 p.m. followed by a ribbon-cutting ceremony at 7:00 p.m.



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AQUACULTURE

Fish farmers defend sea lice as study warns of wild salmon risk

David P. Ball
Metro | Vancouver

The province's salmon farming industry said it's reviewing a new University of Toronto study calling for better co-ordination to fight sea lice outbreaks.

The report emerged at the same time as a Sea Shepherd Conservation Society boat travels up B.C.'s coast studying other fish-borne diseases.

"The companies farming in B.C. do have a long track record of finding the right solutions to effectively manage the sea lice," Jeremy Dunn, president of the BC Salmon Farmers Association.

The researcher behind the study, doctoral ecologist Stephanie Peacock, told Metro that sea lice — which can be deadly for young wild salmon — posed a major problem for the aquaculture industry in the early 2000s.

"Last spring, we saw quite high numbers of sea lice again on juvenile salmon," she said. "That got us worried."

Peacock and Dunn agreed that warmer-than-normal waters were largely to blame for last year's sea lice increase. However, Peacock argued the industry can improve.

"They didn't co-ordinate among each other on treatment," she concluded, meaning poorly timed treatments allowed the infection to spread between farms.

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Syrian refugees happy for a chance to get out and 'really enjoy Canada'

WELCOME

Program helps newcomers learn about our culture, history

Wanyee Li
Metro | Vancouver

Almost 30 Syrian newcomers gathered at the Vancouver Art Gallery Monday to learn more about the culture of their new home.

Mohammad Salem Abde, who is originally from Aleppo and arrived in Vancouver exactly one month and 20 days ago, said this was one of his family's first cultural outings in the city. Urgent matters like medical checkups and house repairs were finally taken care of and his family could now focus on other things, said the father of four.

"I would like to know everything about Canada," he said through an interpreter.

"Whenever you go to a new country, it's important to know about the history."

Monday's event was part of a series called Ahlan, created by the Institute of Canadian Citizenship, which aims to introduce Syrian newcomers to Canadian history and art.

Ahlan is the Arabic word for welcome and describes the organization's intentions well, explained Alykhan Haj, manager of partnerships at ICC.

"We've done such a great job of welcoming (Syrian refugees) and making sure they have all the necessities that they need," Haj said. "But as newcomers to Canada, it's really difficult to get access to some of the great cultural spaces that Canada has to offer."

Through Ahlan, a program funded by Immigration, Refugees and Citizenship Canada, Syrian refugees can receive the same access pass to 1,200 museums and galleries throughout the country that all new Canadians receive upon obtaining citizenship.

Monday's event, at the Vancouver Art Gallery, is the sixth event in the Ahlan series and ICC is working on more due to the interest the program has received.

Many participants asked questions from the Vancouver Art Gallery tour guide and even Abde's teenage daughters showed interest in the I Had an Interesting French Artist to See Me This Summer exhibit, taking photos of the pieces.

"We knew that a lot of these newcomers are just coming into the country and have a lot of important things that they need to do, so one of the things we weren't sure about was the amount of response we would get," said Haj.

But there are always plenty of families at each event, he said.

"It's been really nice to see that they're getting time to get away from the difficult things, all the hard things they need to do, and get some time to really enjoy Canada."

Serifa, from left, Alav, Mohammad and Yazi Abde listen intently to a guided tour at the Vancouver Art Gallery as part of the Institue of Canadian Citizenship's program for Syrian newcomers, Ahlan.
WANYEE LI/METRO

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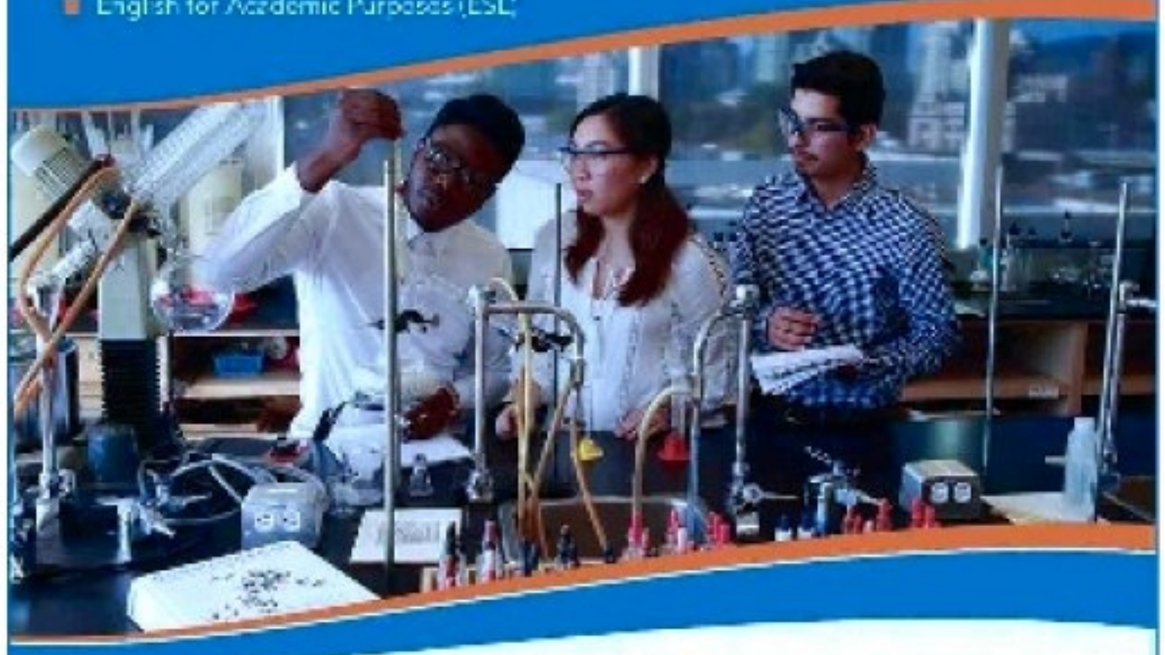

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Community mourns Ottawa man who died after arrest

POLICE

Abdirahman Abdi, 37, succumbed to his injuries

Haley Ritchie and Emma Jackson
Metro | Ottawa

Community organizations are moving in to help Ottawa residents cope with the violent loss of a 37-year-old man who neighbours described as "peaceful" and a familiar face around the neighbourhood.

On Sunday, police received a 911 call at 9:30 a.m. from a coffee shop, where a man was reportedly causing a disturbance and touching a female patron.

Witnesses said Abdirahman Abdi got scared when police arrived and ran to his home — just three blocks north to an apartment building where he had been living since arriving in Ottawa from Somalia in 2009.

Neighbours — many of them friends and family— then watched from their balconies as Abdi was forcefully arrested.

An emotional Nimao Ali speaks about her neighbour Abdirahman Abdi, right, who was arrested by Ottawa police Sunday morning. He died of his injuries Monday afternoon. EMMA JACKSON/METRO

Witness Shukri Samater said people were yelling as Abdi was handcuffed and hit by officers on the stone steps just outside the building's entrance.

"That was the most disturbing part of it all, what happened after he was handcuffed," Samater said.

"He was bleeding from the back of his head. He didn't have a weapon, he wasn't violent."

Samater described him as "not well" and said mental health issues and a language barrier may have prevented him from understanding what police were saying.

Nimao Ali, friend of the family, called Abdi a "beautiful soul."

A 27-minute video recorded by a neighbour who lived upstairs has been published online, showing Abdi handcuffed and bleeding on the ground before paramedics eventually arrived. The video begins after the arrest and alleged beating.

Another neighbour said he recorded the arrest but is not making it public out of respect to the family.

WITH FILES FROM JOE LOFARO

SOCIAL MEDIA

Police face backlash

Joe Lofaro
Metro | Ottawa

As the family of Abdirahman Abdi mourns his loss, questions continue to be raised about how a man believed to have a mental illness became critically injured while in police custody.

The incident — which is being investigated by Ontario's Special Investigations Unit (SIU), a civilian-led law enforcement agency that investigates incidents of civilian death or injury involving police — has resulted in anti-police rhetoric on social media and drawn the attention of activists behind the Black Lives Matter movement outside the nation's capital.

Responding to mounting criticism over the officers' actions, Police Chief Charles Bordeleau said Monday that he is limited in what he can say while the SIU investigation is ongoing, but did say police received multiple 911 calls for an "individual being assaultive."

The SIU has jurisdiction over 53 police forces across Ontario, covering about 26,000 officers. It investigated 266 cases across the province in the 2014-2015 fiscal year and criminal charges were laid in 13 cases, a rate of 4.9 per cent.

SASKATCHEWAN

Oil spill measures for weeks

Communities affected by an oil spill in the North Saskatchewan River can expect precautionary drinking water measures to be in place for weeks or even months, says a Saskatchewan government official.

"It's not going to be a short-term event," Sam Ferris with the Water Security Agency said. "It could go on for some time."

Two cities downstream from the Husky Energy pipeline leak near Maidstone, Sask., have stopped drawing water from the river. North Battleford shut down its intake on Friday and is relying on wells.

Officials say the oily plume reached Prince Albert, a city of 35,000 people, on Monday.

Residents in the area are being urged to conserve water and not use that part of the river for recreation. Hospitals are looking at alternative supplies.

Ferris estimates the water supplies of close to 70,000 people have been affected so far and that the slick has travelled about 370 kilometres.

THE CANADIAN PRESS

Liberals attempting to thaw Russian ice

The Liberal government turned the page on two years of acrimony between Canada and Russia on Monday as Foreign Affairs Minister Stephane Dion sat down for his first formal meeting with Russian counterpart Sergey Lavrov.

The 30-minute discussion took place in Laos, where Dion and Lavrov were attending an annual meeting of Southeast Asian nations. Sources say the location was chosen because it represented neutral ground for the two sides.

The meeting was the first of its kind between Canada and Russia in years. The previous Conservative government steadfastly refused to meet with anyone from the Kremlin until Russia left Crimea, the peninsula it annexed from Ukraine in March 2014.

As a result, contacts between the two countries had been largely limited to technical discussions between bureaucrats.

The Liberal government has said it remains committed to standing with Ukraine in the face of Russian aggression. To that end, Dion spokesman Joseph Pickerill said the minister had "frank discussions" with Lavrov about Russian actions in Ukraine and other parts of eastern Europe, as well as in Syria.

Foreign Affairs Minister Stephane Dion (left) had "frank discussions" with his Russian counterpart Sergey Lavrov in relation to Ukraine. THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS FILE

But the ministers also talked about the potential for co-operation in the Arctic, space and counter-terrorism — areas the Russians have been keen to focus on as they have attempted to change the channel away from Ukraine.

> **It's important. After all, Russia is our neighbour in the Arctic.**
> Stephane Dion

While the Liberals promised during last year's election campaign to re-engage with Russia, Prime Minister Justin Trudeau has been facing calls to keep up the pressure.

The government agreed earlier this month to organize a 1,000-strong NATO battle group in Latvia whose mission is to dissuade neighbouring Russia from flexing its muscles in the Baltic state. The U.S., United Kingdom and Germany are organizing similar forces in Poland, Estonia and Lithuania.

Earlier this month, during the NATO leaders' summit in Warsaw, where the Latvia mission was unveiled, Dion said that it was "terribly unfortunate" that Canada had to send military forces to Eastern Europe. But he also said it made sense to talk to the Russians.

"Canada will be strong on deterrence and strong on dialogue. We need to do both," Dion said. "It's important for our allies, including Ukraine. It's important for our own interests."

The meeting between Dion and Lavrov has been welcomed by Russian officials, who are hoping for a fresh start in relations between the two countries. But it generated mixed reactions from opposition parties.

"As long as Russia is not de-escalating those activities and reducing tensions in the region, including in the Baltics, we shouldn't be talking to them," said Conservative defence critic James Bezan. THE CANADIAN PRESS

Democrats urge unity

CONVENTION

Big names go to bat for Clinton as outrage over emails persists

Ending months of animosity, Bernie Sanders robustly embraced his former rival Hillary Clinton on Monday night as a champion for the same economic causes that enlivened his supporters, signalling it was time for them, too, to rally behind the Democratic nominee in the campaign against Republican Donald Trump.

"Any objective observer will conclude that — based on her ideas and her leadership — Hillary Clinton must become the next president of the United States," he declared.

Sanders joined a high-wattage lineup of speakers, including first lady Michelle Obama who delivered an impassioned defence of the nominee.

"I want someone with the proven strength to persevere, someone who knows this job and takes it seriously, someone who understands the issues a president faces are not black and white," Obama said.

Sen. Bernie Sanders speaks during the first day of the convention in Philadelphia on Monday. JESSICA KOURKOUNIS/GETTY IMAGES

Sanders' endorsement came at a crucial moment for Clinton, on the heels of leaked emails suggesting the party had favoured the former secretary of state through the primaries despite a vow of neutrality.

Sanders scored the resignation of party chair Debbie Wasserman Schultz, a nemesis in the primaries, but that wasn't enough to quell the anger of supporters.

As the convention opened, they still erupted in chants of "Bernie" and booed Clinton the first several times her name was mentioned. Outside the convention hall, several hundred marched down Philadelphia's sweltering streets with signs carrying messages such as "Never Hillary." THE ASSOCIATED PRESS

SPEAKERS

Monday: United Together
Michelle Obama, Vermont Sen. Bernie Sanders, Sen. Elizabeth Warren

Tuesday: A Lifetime of Fighting for Children and Families
Bill Clinton and Mothers of the Movement, including Eric Garner's and Trayvon Martin's mothers

Wednesday: Working Together
President Barack Obama, Vice-President Joe Biden

Thursday: Stronger Together
Hillary Clinton and Chelsea Clinton

FLORIDA

State hit by second nightclub shooting

With the Orlando massacre still fresh on everyone's mind, the mother of a young man slain at a nightclub early Monday had warned her son about what to do if there were a shooting: "Hit the floor, find a table."

But when gunfire erupted at the Club Blu parking lot, 18-year-old Stef'an Strawder didn't have anywhere to hide. He was killed along with a 14-year-old boy, and 17 other people ranging in age from 12 to 27 were wounded during a party for teens.

"I told him to look for all the exits if any kind of shooting would go off ... because I thought about the people in Orlando," said Strawder's mother, Stephanie White.

The rampage may have started with an argument over a rap performance. THE ASSOCIATED PRESS

JAPAN

Over a dozen killed in frenzied knife attack

At least 19 people were killed and about 20 wounded in a knife attack Tuesday at a facility for the handicapped in a city just outside Tokyo in the worst mass killing in generations in Japan.

Police said they responded to a call from an employee saying something horrible was happening at the facility in the city of Sagamihara, west of Tokyo.

A man turned himself in at a police station about two hours later, police in Sagamihara said. He left the knife in his car when he entered the station. He has been arrested on suspicion of attempted murder and trespassing.

Police said there were several casualties but did not provide any numbers.

The Sagamihara City fire department says that 19 people were confirmed dead in the attack. The fire department said doctors at the scene confirmed the deaths. THE ASSOCIATED PRESS

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Clothes defy gender rules

APPAREL

Parents launch firms to break stereotypes in kids' clothing

Pink for girls. Truck motifs for boys. A growing number of parents want to get outside those parameters when it comes to dressing their kids.

For parents looking for clothes that defy gender norms, the options for back-to-school shopping are still limited — but they're growing. Some big retailers like Lands' End and Zara are making small changes to their offerings, while some frustrated parents have launched their own companies to make the items they wanted to find.

"There is really a sharp divide between what is considered girls' stuff and what's considered boys' stuff," said Courtney Hartman. She started Seattle-based Jessy & Jack, a collection of unisex T-shirts for kids that have robots and dinosaurs, and Free to Be Kids, where a shirt with the slogan, I'm a Cat Guy comes in blue, grey and yellow.

Courtney Hartman, who owns Jessy & Jack, poses with her children as they wear her company's gender-neutral clothing in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

Companies like Jessy & Jack and a collection called Princess Awesome, where dresses have trains and planes, are among nearly 20 online brands that formed a campaign called Clothes Without Limits last year that they're reprising for the back-to-school season. Still, many of the items are not cheap — T-shirts at $20 can be pricey for growing kids.

Bigger companies are offering some options, after similar shifts in the toy and bedding aisles to more neutral signs and products. Lands' End launched a line of science T-shirts two years ago after a customer complained on social media that there was only one version for boys. As part of its new Cat & Jack brand of children's clothing that kids helped design, Target offers unisex-fit T-shirts online with slogans like, Smart & Strong and Future Astronaut.

And fast-fashion chain Zara launched a collection in March for teens and older called Ungendered under its TRF line, which focuses on basics like T-shirts, sweatshirts and jeans. Experts and parents also notice that some images like dinosaurs are popping up on girls' clothing under the Boden brand and others.

More has changed for girls' clothes than for boys, but the vast majority of children's clothing is still gender-specific, says Marshal Cohen, chief industry analyst at market research group NPD Group Inc.

A good portion of children's clothing buyers are grandparents who tend to embrace more traditional ideas, says Cohen, who doesn't expect large-scale change until the next generation starts having children.

THE ASSOCIATED PRESS

SAFETY

New rules on Lac Mégantic rail cars

Older and less robust railway tanker cars will not be able to transport crude oil in Canada as of Nov. 1, six months earlier than planned, Transport Minister Marc Garneau confirmed Monday.

The DOT-111 cars are the same kind that were involved in the Lac-Mégantic tragedy in which 47 people died three years ago.

The new directives are for crude oil only, Garneau said, and all other flammable liquid will continue to be transported by rail in the country by DOT-111s until 2025.

Garneau said while he was able to accelerate the phase-out of DOT-111s for crude, the government needs to be "realistic" about other materials.

"The reality is that in this country we transport a huge amount by rail — hundreds of billions of dollars worth a year — and you can't do everything in one shot," he said. "Here we have the opportunity to do something very concrete on the crude oil side — which is extremely important — and I am very proud of it." THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, July 26, 2016

METRO POLL

Will violence in Europe keep you away?

Ansbach, Munich, Nice, Brussels, Paris. Not to mention Turkey. Simply listing the names is enough to evoke images of shocking mass violence that has taken place in recent months. Europe has long been seen as a beacon of culture and low-risk adventure, and the European vacation — or exchange semester or backpacking trip — is a near-universal aspiration for those on this side of the Atlantic. Is that about to change?

1 Is the high-profile violence in European cities enough to prevent you from travelling there?

59%
I'd still go. Life is full of danger. You can't live in fear.
8%
I'd go, but I wouldn't want any of my loved ones to.
5%
I would still go, but I'd avoid the major cities and tourist spots.
28%
I'd have considered travelling to Europe before, but not now.

WE ASKED Metro readers

I have two trips planned before the end of the year, and I intend to take both of them.

It hit close to home when a student from my university got killed. Better safe than sorry for a little while ...

You can die walking out your door. Better to see the world than your living room!

I've been to Europe many years ago and always wanted to go back but not now. It seems a big mess now and would ruin my memories of it.

My family lives in Europe and I can't imagine not visiting them.

You can't live your life sheltered. Things happen everywhere. You have to live your life.

Avoiding Europe because of fear of terrorism is as absurd as avoiding Winnipeg because of fear of being run over by a truck.

visit metronews.ca
HAVE YOUR SAY

Trump's supporters must not be caricatured

URBAN COMPASS

Petti Fong

If this column was being read in a certain other type of publication, the headline would be Trump Supporters! They're just like us.

On the night that Donald Trump gave his speech at the Republican National Convention in Cleveland last week, Alina and Paul were walking down Quayside Marina debating whether to go for their second round of gelato at Bella Gelateria.

That's where we met up. They stopped to tell me their dog back home in Atlanta looks just like mine.

They were on their way to Portland but wanted to stop for a few days in Canada. I joked whether they were upset to be missing the RNC coverage and felt a bit relieved when they said that it was a convention full of oddballs.

Imagine attending the convention and assuming a uniformity of certainty.

Say what you may about Ted Cruz, he knowingly walked into an audience already aligned with his former adversary. Cruz was certain that he would be shouted down. He still came to say his piece.

Trump Nation's misogynistic hatred of Hillary Clinton at the RNC Convention was personal and vindictive. Distressingly, even women were spotted buying pins that said: "Life's a bitch. Don't vote for one." The Republican candidate's most entrenched supporters find no hypocrisy in calling the once-married Clinton a tramp compared to the thrice-married Trump.

It's easy to go on about the Trump Nation. Like celebrities, we think we know who they are. But catch them without their makeup on, their Spanx pulled over their rolls of cellulite, in bad lighting and exposed with their flabby beach bodies and we are somehow comforted by the fact that they're just like us.

How so with Trump supporters? Make them appear wacky enough with their blind faith in an unworthy man and it's easy to dismiss them. An American who can provide cogent reasons why Hillary is worthy of hatred and why the only reasonable choice is Trump is not so easy to ignore.

"I've been radicalized," says Alina, somewhat reluctantly. "I don't want to feel this way but I've learned through the years what happens if you let the Democrats take over. Certain people will always get entitlements and the rest of us fall further behind."

They are in their 30s, multilingual and with white-collar jobs. Since graduating just before the financial crisis hit in 2008, they have remained employed and made advancements in their careers. They are homeowners. The $1,200 they pay every month for health care makes them wonder sometimes what it would be like to live in a country where health-care costs don't equal housing costs.

Yes, they are angry but it's not the fist-raising kind seen at the convention. They are bitter that eight years after the first black president, they still see black Americans in their neighbourhood and their city fall further behind. They blame liberals for shootings of both blacks and police officers, for riots, for health-care expenses, for bank balances that never seem to go higher, for failing to make them feel safe.

What they are optimistic about is that Trump will make things better. They're not oddballs, not misogynists, not racists, not uneducated fools. They know their country. I'm hoping they're wrong.

Minority Report: Life as a non-white touring musician is tense in 2016

Shehzaad Jiwani
For Metro

Growing up in a culturally diverse Canadian city, it's easy to think the whole world is a happy, tolerant place.

This myopic viewpoint is magnified when you enter the independent music community, a microcosm of liberal hopes and dreams made manifest in the form of artists, labels, DIY festivals and safe spaces created to communicate and express progressive thoughts and ideas.

As a person of colour in a touring band who grew up in Toronto — one of the most ethnically diverse cities in the world — I have a strange relationship with being an "other." Most of my idols — indie rockers like Pavement and Fugazi — are white, as are the majority of my peers. That being said, I've never felt excluded from my community based on the colour of my skin. I can only speak from my own experiences as a brown man living in the only hometown I have, but I never saw myself as different in Toronto's independent music scene, because I have never been made to feel different.

You immediately recall such luxuries when crossing into the United States. In 2016, at a time where race, gender and sexual orientation are frontline issues and not trendy buzzwords, people are more acutely aware of their own identities than ever. In an election year where racially and sexually charged crimes are in the headlines nearly every week and neither presidential candidate seems to be addressing them, it's impossible not to feel out of place as a minority when you set foot on American soil. You feel it at customs, you feel it at gas stations, and you even feel it in some of the same communities of which you've previously considered yourself a member.

Here's the essence of what you feel: These people are angry. They are angry because they are scared, and they are scared because they don't know what is happening to their country. They are taking that anger out on anyone they can because that is how little control they are left with.

Of course, as much as Canadians love to pretend that we are so different than Americans, the truth is, we're not. People of colour die at the hands of police, without apparent justification, in my hometown, too. We can't ignore that, nor should we.

Being proud of where you are from is one thing, but taking action to preserve the things you love about those places — art spaces, neighbourhoods, cities — is how you can preserve that pride. You must understand how to engage with your environment to right what you see as wrongs in order to continue celebrating what you see as virtues. Feeling accepted in a community as a minority is a rare thing we can't take for granted.

Remember — the border's not far away.

Shehzaad Jiwani is the singer of the Toronto-based band Greys (@greysband).

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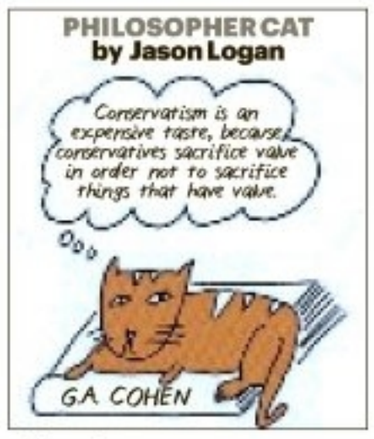
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Canadian YouTube sensation Lilly Singh to publish debut book How to Be a Bawse in spring

The sleep struggle is real

FAMILY

Early bedtimes are essential for health but hard for parents

Genna Buck
Metro Canada

Emerging research shows adequate sleep is absolutely essential for children's health — but for parents of natural night owls, that's easier said than done. ISTOCK

Jennifer Harrison is a serious stickler when it comes to sleep.

The Guelph, Ont. mother puts her two boys, Sam, 6, and Max, 9, to bed by 7:30 p.m., almost without exception.

When she was pregnant, Harrison and her husband read up on the science of sleep and decided to enforce early bedtimes.

"It's a commitment every day," she said. "You can train their body, but it takes work, and ... parents don't have the time or the patience."

But for parents of pint-sized night owls, it's not that simple, explained Dr. Manisha Witmans, a pediatrician and sleep medicine specialist in Edmonton.

It's true oodles of studies link longer sleep — and early bedtimes specifically — to a variety of positive health effects in kids. They include less hyperactivity, better behaviour, fewer night terrors, and, in a study from this month, reduced obesity.

"You can train kids within reason, but you can't overcome circadian biology," Witmans said. In other words, a kid's sleep preferences are hard-wired. They can be adjusted, but it won't be easy.

Moving bedtime up by even an hour or two can take weeks for some kids, Witmans said.

For a significant number, night-time hormones that promote sleepiness and morning hormones that make kids alert "don't get secreted on the clock society expects," she said.

"If you're someone who sleeps well and comes from a family of sleepers, it wouldn't take a whole lot for you to be trained to sleep (at a certain time). Genetically, you're set up for success. If you come from a family of people with insomnia and sleep problems, I wouldn't be surprised if you have more trouble," she said.

Witmans suggests moving bedtime up by 15 to 30 minutes and adjusting again when kids can readily fall asleep at that hour.

Bright lights at night mess with the sleep hormone melatonin, she added, so make sure the bedroom is dark at night and bright when you want kids to wake up — and turn off TV and mobile screens 1.5 hours before bed. Early bedtimes are really the only way for most children to get enough sleep, because of early-morning school or daycare.

> **I see so many children who are tired, and they can't cope. And they won't learn to cope if they're tired. It breaks my heart.**
> Jennifer Harrison, parent

And the benefits of more sleep can be dramatic, Witmans explained. She cited a study by Dr. Reut Gruber in Montreal that found just one hour of lost sleep per night for a week disturbed healthy children's behaviour enough that 20 per cent tested positive for ADHD.

Harrison said when her kids are well rested they listen better and bicker less. Sometimes she lies in bed with them while they doze off, and she still rocks her youngest to sleep sometimes.

Being a bedtime absolutist has been a sacrifice. They've cut back Max's extracurriculars so he has time for homework. Dinner is ready by 5 p.m., which requires planning. Friends know if they invite the family over, they'll be leaving by six. It can be a bummer, but it's worth it.

"I am zero consistent with everything else. We try to eat healthy, but we fall off the wagon every day or two. Discipline, chores, homework, I'm not very good at any of that," Harrison said. But "they need to be in bed early in order to function."

HOW MUCH?

Children's sleep specialist Dr. Manisha Witmans relies on the American Academy of Sleep Medicine's guidelines for how long children should sleep each day. For kids under five, this includes naps.

- **4-12 months**
  12-16 hours
- **1-2 years**
  11-14 hours
- **3-5 years**
  10-13 hours
- **6-12 years**
  9-12 hours
- **13-18 years**
  8-10 hours

Where Gord Downie got those colourful suits

FINAL HIP TOUR

The bright outfits were a long time coming

Gord Downie has always been a flamboyant showman. For the Tragically Hip's latest tour, he's wearing that style on his sleeve.

Downie has been sporting a collection of brightly coloured metallic leather suits during the band's Man Machine Poem Tour, which kicked off in Victoria on Friday.

They include bold creations in hot pink, turquoise, silver and gold — an unusual colour palette for a rocker more often seen in subdued tones, says Downie's fashion co-conspirator, Izzy Camilleri.

"When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy," says the Toronto-based clothing designer.

"You don't think of hot pink metallic leather. Now we do."

Camilleri says she and Downie started collaborating on the look last September, before he learned he had terminal brain cancer.

Camilleri says Downie kept his wardrobe plans secret from his bandmates.

He only revealed his wild look at the tour's kickoff in Victoria on Friday, when he strode onto the stage in the hot pink suit.

"It's really appropriate and something I never thought that he would be into," Camilleri said Monday of the bright colour palette, adding this tour is "a celebration."

"I think he wears them so well and he's been having a lot of fun with it."

Later that night, he put on the silver outfit, then the gold.

At the Vancouver show on Sunday, he walked out in the turquoise outfit, and later donned the silver and gold suits. THE CANADIAN PRESS

During The Hip's first two shows, Gord Downie unveiled a new, bright look. THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Relax, Winona

THE SHOW: Stranger Things, Season 1, Episode 8 (Netflix)
THE MOMENT: The acting mystery

Joyce Byers (Winona Ryder) and Sheriff Hopper (David Harbour) make their way through a spooky parallel universe ("the upside-down world") in search of Joyce's son Will, who's been imprisoned by a creature. Joyce is hyperventilating.

"Hey, you all right?" Hopper asks her.

"Yeah," she says. But she's clearly not.

"I need you to relax, OK?" Hopper says. "I want you to slow down your breathing. Take deep breaths. In and out."

I binge-watched this series and really enjoyed it. It evokes, deliberately and well, the horror-mysteries I grew up with in the 1970s and '80s — like Halloween crossed with Scooby-Doo. But there's an unsolved mystery here: What is up with Ryder's overacting?

In every scene, she BUGS out her EYES, and yells EVERY WORD, to show us that she's a MOM who's UPSET that her CHILD is MISSING. It's not the directors' fault — everyone else in the series is fine, and the kid actors are hoots. I kept thinking, the showrunners must have a reason to let Ryder CHEW all that SCENERY. It must TIE IN to the PLOT. Alas, NO.

Winona Ryder CONTRIBUTED

Could it be that in the real upside-down world — Hollywood — some actors are famous enough, or kooky enough, that they are un-direct-able?

If Ryder returns for Season 2 (just announced), I hope she takes Hopper's advice: Relax, Winona. Breathe.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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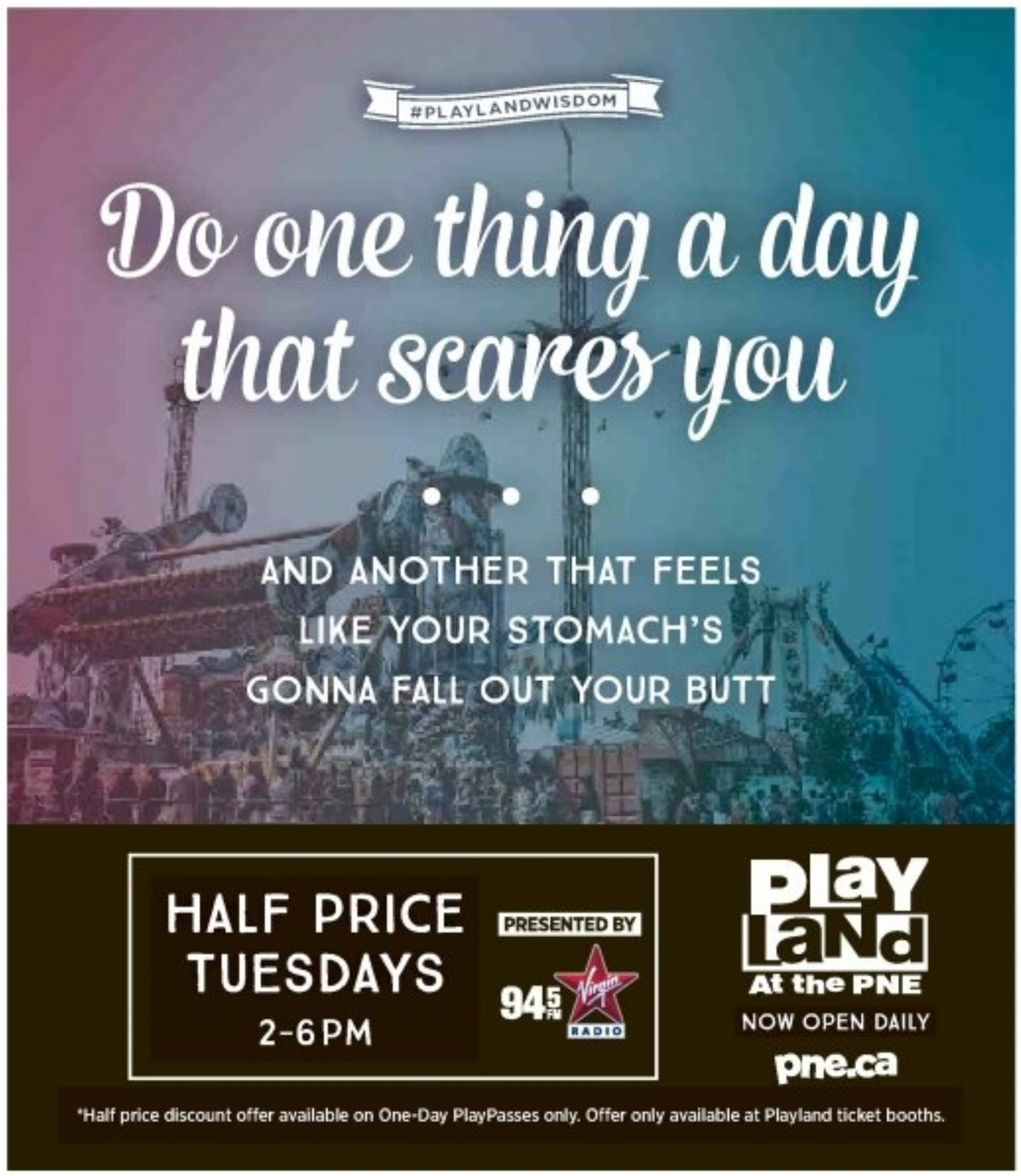
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The NFL says it found no credible evidence Peyton Manning was provided with HGH or other banned substances as alleged by Al-Jazeera last year

Shapovalov soaks up limelight on big stage

ROGERS CUP

Canadian teen scores upset over world No. 19 Kyrgios

Denis Shapovalov might still be on Cloud Nine.

The 17-year-old Canadian upset Australia's Nick Kyrgios 7-6 (2), 3-6, 6-3 on Monday night in the first round of the Rogers Cup men's tennis tournament.

Shapovalov said afterwards that he didn't expect to win.

"On the on-court interview (after the match), this girl was interviewing me and she was asking me, 'Do you want me to pinch you?' and I said, 'Yes, please,'" Shapovalov said.

"Frankly, I actually didn't feel the pinch so I might be dreaming still."

Backed by a hometown crowd, the Richmond Hill, Ont., native took advantage of world No. 19 Kyrgios's many unforced errors on a beautiful evening that featured a light breeze at Aviva Centre.

Shapovalov, who is a wild card in the tournament, was coming off a boys' singles title win at Wimbledon earlier this month. The tournament's youngest player will face Grigor Dimitrov of Bulgaria in the second round.

The Canadian requested to play on centre court in his main draw debut because he said he loves playing on a big stage and impressing people.

"I think the atmosphere really carried me forward today," said Shapovalov, whose whole family was in attendance.

"It's tough playing the first time on centre court but by the end of the match I felt like the crowd really liked it when I was getting pumped up."

Shapovalov got the crowd going in the third set when he opened with a convincing 2-0 lead, breaking Kyrgios in the second game. Shapovalov carried that momentum into the third game, smashing his 11th ace of the match to take a 3-0 lead.

The final game went to deuce before Shapovalov smashed an ace for advantage and then had a cross-court forehand winner to take the match.

"Obviously he was excited, playing in front of his home crowd, I know what that feels like," Kyrgios said. "To come off one of your biggest junior results and then play in one of your home tournaments, I know that feeling, it's great."

THE CANADIAN PRESS

Denis Shapovalov celebrates his win over Nick Kyrgios in Toronto on Monday.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

MORE CANCON

- Toronto's Steven Diez downed Britain's Kyle Edmund 3-6, 6-3, 6-2 while Peter Polansky, of Thornhill, Ont., advanced following a 4-6, 6-3, 6-0 victory over American qualifier Tim Smyczek.
- Frank Dancevic, of Niagara Falls, Ont., fell 6-7 (5), 4-6 to American Sam Querrey.

DOPING SCANDAL

Rio doors closed for 7 Russian swimmers

Seven Russian swimmers have been barred from the Rio de Janeiro Olympics, including three linked to recent allegations of a major doping coverup by Russian authorities, world swimming's governing body FINA said Monday.

Reigning world 100-metre breaststroke champion Yulia Efimova is among four Russian swimmers withdrawn by the Russian swimming federation because they previously served doping bans, FINA said. The others are Natalya Lovtsova, Anastasia Krapivina and Mikhail Dovgalyuk.

The International Olympic Committee on Sunday said Russian athletes with previous doping bans would be banned from the Rio Games. That followed the IOC's decision not to ban the entire Russian team over allegations of state-sponsored doping.

FINA said three more swimmers were identified after evidence came to light that Russian government officials ordered the coverup of hundreds of doping tests. They are 2008 Olympic silver and 2012 bronze medallist Nikita Lobintsev, bronze medallist Vladimir Morozov and world junior record holder Daria Ustinova. THE ASSOCIATED PRESS

IN BRIEF

Jays' Sanchez continues to dominate hitters

Aaron Sanchez (11-1) allowed just three hits over seven innings as the Blue Jays beat the San Diego Padres 4-2 on Monday night in Toronto.

It was the seventh straight start that Sanchez had allowed two or fewer runs. THE CANADIAN PRESS

Cubs arm World Series hope with Cuban Missile

The Chicago Cubs acquired hard-throwing reliever Aroldis Chapman in a trade with the New York Yankees on Monday, giving the NL Central leaders a boost as they try for their first World Series title in more than a century. THE ASSOCIATED PRESS

Jordan takes aim at smoothing racial relations

NBA great and Charlotte Hornets owner Michael Jordan said Monday he is giving $1 million to the Institute for Community-Police Relations and $1 million to the NAACP Legal Defence Fund to ease racial tension following several shootings around U.S. THE ASSOCIATED PRESS

Cavs extend coach Lue

A person familiar with the contract says Cleveland Cavaliers coach Tyronn Lue is getting a multiyear extension with the NBA champions. Terms of the extension were not immediately known. THE ASSOCIATED PRESS

RECIPE Spaghetti with Pancetta and Spinach

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Using only six ingredients, this pasta is a crowd pleaser since it features the flavor powerhouse of pancetta.

Ready in
Prep time: 5
Cook time: 20
Serves: 4

Ingredients
- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

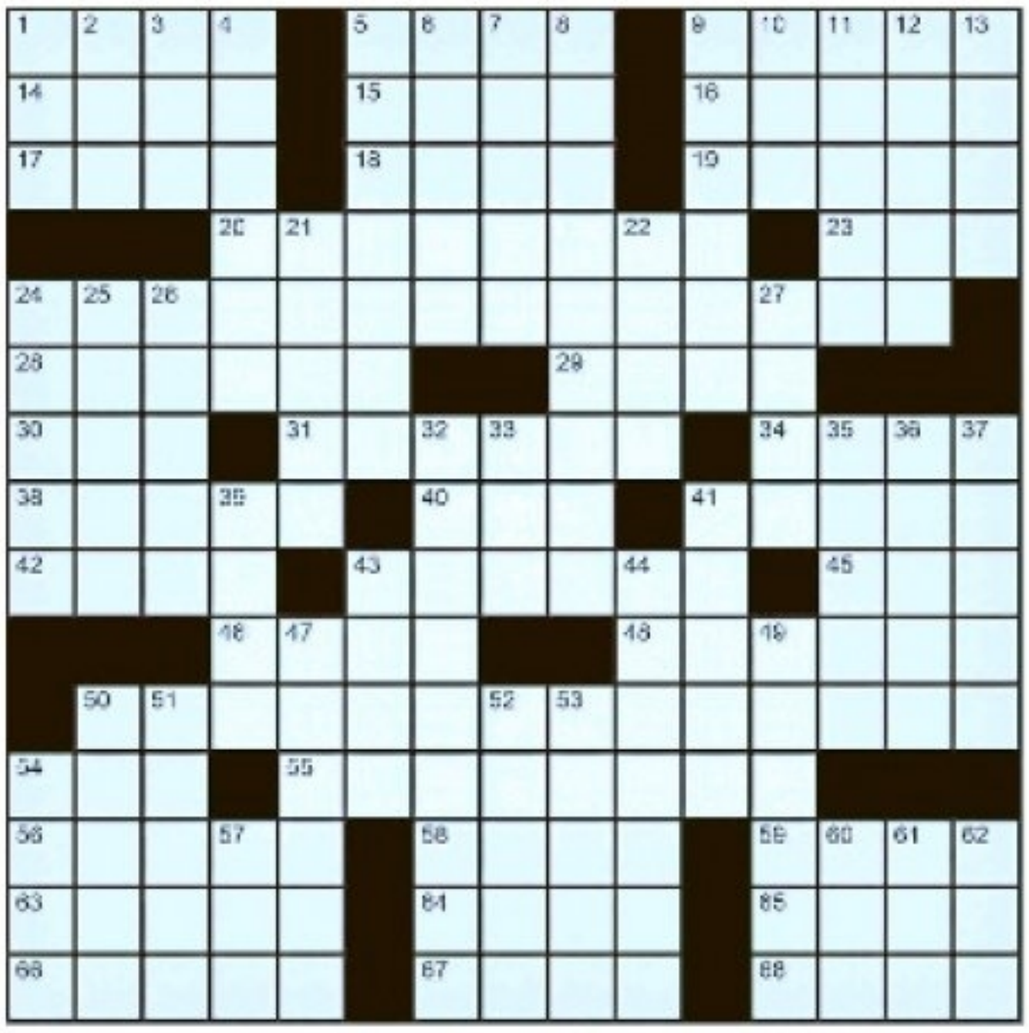
2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sound soothed by lozenges
5. Hosp. heart recordings
9. Pandemonium
14. 'N' of NS
15. Sheryl of singing
16. Foliaged fence
17. Highway-crossing animal
18. The _ Report (1976 bestseller by author Shere)
19. Tennis great Mr. Agassi
20. Tornadoes
23. Took the helm
24. Canadian Dr. Edward Asselbergs invented instant flakes for what food?: 2 wds.
28. Procure
29. Wharf
30. Mailing encl.
31. Reacted with shock
34. Stitches-needing cut
38. Hidden-away loot
40. Canuck motorists org.
41. Put forth
42. Kennel protest
43. Car manufacturer of Japan
45. Fun-style photos
46. 2002 Jennifer Lopez album: 'This _ _... Then'
48. _. _ (Florida resort city, commonly)
50. The Royal Albert, which was recently discovered in Lake Ontario, is a what?: 2 wds.
54. Baseball-playing need
55. House's outside part
56. Decree
58. Shakespeare: "Thus with a kiss _ _." - Romeo
59. Piquancy
63. Fragrant scent
64. The Beatles' Pepper, et al.
65. Eye doctor's offering
66. Dental floss-ees
67. Check
68. Landlord's intake

DOWN
1. Furthermore
2. Horticulturist's tool
3. Genesis gal
4. Beatles sheepdog-inspired tune: "_ My Dear"
5. Hedgehog-resembling animal
6. Crackers characteristic
7. Influenced, as the witness: 2 wds.
8. Flowering climbing plants: 2 wds.
9. Purely Puritan
10. Female farm flapper
11. Mix-up
12. Shrek's kin
13. Sesame _
21. Put on the scale
22. Bug's bane brand
24. Like that green stuff on rocks
25. Diminish
26. Be a thief
27. Associations, for short
32. Laboratory professional
33. The _, Manitoba
35. Tree beavers like
36. Niagara Falls visitor offering
37. Spell caster
39. Washer cycle
41. Sum 41's "_ _ Deep"
43. Santa Fe, _, _,
44. Most grey
47. Draw
49. Toronto-headquartered airline
50. When doubled, Barbra Streisand's 'married lady' song from "Funny Girl" (1968)
51. Functional
52. Marsh grower
53. Book reviewers, e.g.
54. _ buckle
57. Feline
60. Trunk chopper
61. Grandma
62. Intl. clock standard

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Money issues are on your mind today. In addition, you might feel possessive about something that you own.

Taurus April 21 - May 21
Today the Moon is in your sign, which makes you more emotional than usual. However, this also makes you luckier than usual! Yay, me!

Gemini May 22 - June 21
Welcome a chance to work alone or behind the scenes today, because your busy pace is exhausting. This is a good day for writing and studying.

Cancer June 22 - July 23
A confidential conversation with a female friend might be important today. A money issue is on your mind, and perhaps you need to discuss this.

Leo July 24 - Aug. 23
Personal details about your private life are made public, which is not surprising because three planets are in your sign — the Sun, Mercury and fair Venus. No worries, because you look fabulous!

Virgo Aug. 24 - Sept. 23
How can you expand your horizons today? If you can travel, do so. In particular, you will love to do research and explore new ideas to learn something new.

Libra Sept. 24 - Oct. 23
You're busy schmoozing with younger, creative people at this time. Today, in particular, is a good day to discuss shared responsibilities, shared duties or shared property.

Scorpio Oct. 24 - Nov. 22
Because the Moon today is opposite your sign, you have to go more than halfway when dealing with others. This is easy, because three planets at the top of your chart make you King of the Road!

Sagittarius Nov. 23 - Dec. 21
You love to travel, and right now, three planets urge you to do so. However, today is a good day to work to get better organized and get on top of your game.

Capricorn Dec. 22 - Jan. 20
This is a playful day! In fact, you feel prankish, flirtatious and sexy! Enjoy sports events, playful activities with children and social outings.

Aquarius Jan. 21 - Feb. 19
You are working hard. Today is a good day to pull in the reins a bit and hunker down at home. Give yourself a chance to cocoon and relax so that you can catch your breath.

Pisces
Feb. 20 - March 20
Co-workers are supportive now, and this is encouraging. This is a good day for a serious discussion with someone, perhaps a sibling or relative.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	7	3			
		8			1			
	2			5				
1				4				
8				1			9	6
5					6	2		7
	6							9
		1					4	
			8	2	7	3		

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1	2	5	3	6	9	7	4	8
3	4	8	5	2	7	1	6	9
9	6	7	4	1	8	3	5	2
7	3	4	1	9	6	2	8	5
8	9	1	2	5	3	6	7	4
6	5	2	8	7	4	9	3	1
2	1	3	7	4	5	8	9	6
5	7	6	9	8	1	4	2	3
4	8	9	6	3	2	5	1	7

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